



## ***“Child of Mine”***

### ***Helping Children Eat & Grow Well in Childcare***

My mission is to help children and adults to be joyful and competent with eating. - Ellyn Satter

The child who is a good eater likes a variety of food and knows how to learn to like new food. The good eater eats the right amount of food to grow in the way that nature intended. The good eater knows how to behave at the table so adults and other children enjoy having him there. How do we help children learn these eating skills? What do children need in child care setting so they can become good eaters? In this workshop, **Pam Estes, MS RD CD** will teach the Satter Feeding Dynamics Approach to answering these questions. Pam is a member of the Ellyn Satter Institute which is an organization dedicated to furthering eating competence and the feeding relationship.

This workshop focuses on child development as it relates to feeding from birth to age five. Even for the provider who works with older children, understanding development and eating mastery at the earlier stages explains a child's behavior and gives direction in understanding and guiding that behavior.

Professionals in school food service, WIC, home visiting, nursing, family and childhood professions can benefit from this workshop. The Feeding Dynamics Approach can be applied in many settings.

#### **Ellyn Satter Institute Professional Workshop**

**DATE:** Tuesday  
June 10<sup>th</sup> 2008

**TIME:** 8:45am-5pm

**Location:** St. Peter's Hospital  
Education Center  
(East Entrance)  
2475 Broadway  
Helena, MT 59601

**Register Now**  
By phone, mail, or e-mail

**No Fee,**  
Pre-registration is required

#### **For Registration Contact: Child and Adult Care Food Program**

**Phone:** 1-888-307-9333  
1-406-444-4347

**E-mail:** rmoog@mt.gov  
or  
dmcnally@mt.gov

**Mail:** DPHHS ECSB  
Child and Adult Care Food Program  
PO Box 202925  
Helena, MT 59620-2925

**For more information &  
to view agenda:**

[www.childcare.mt.gov](http://www.childcare.mt.gov)  
[www.ellynsatter.com](http://www.ellynsatter.com)

**\*\* EPC Approved Training Hours  
MSU Extended University CEU's**

#### **MAIL IN REGISTRATION FORM** Ellyn Satter Institute: All-Day Workshop

Name \_\_\_\_\_  
Last First Middle Initial

Title \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

ECP Approved Training Hours and MSU Extended University CEU's offered

Please indicate selection \_\_\_\_\_

**Sponsored by:**



**Early Childhood Services Bureau**

**MT Dietetic Association**



**Head Start**

